



Crispy Deep-fried Pork Belly

Moo Grob (หมูกรอบ) is Crispy Deep Fried Pork Belly that is usually served as the meat ingredient in one of several different Thai dishes. However, it's so good that some people will just eat it all by itself or with one of our dipping sauces for meat. You can easily make your own Moo Grob at home, and you'll need to make it up first before you try our recipes for Pad Kaphrao Moo Grob, Pad Kana Moo Grob, or Pad Phrik Pao Moo Grob.

Yield: About 1/2 Pound

Prep time: 2 - 3 Minutes

Cooking time: 30 Minutes

Ready in: 30 - 40 Minutes

Ingredients:

- 1 to 2 Pounds Pork Belly
- 1 Tablespoon Distilled White Vinegar
- 1 Tablespoon Salt
- 1 Quart Vegetable Oil
(or more as needed)

Basic Directions:

- 1) Cut the pork belly into 1 inch by 6 inch strips.
- 2) Heat a pot of water until boiling, then add salt and vinegar. Add the pork belly and boil it for 10 minutes. Remove and drain the water well.
- 3) Heat oil to 140° C in a deep fryer or large wok. Fry the meat until lightly browned, or about 8 - 10 minutes. Remove and drain.
- 4) Raise the heat in the oil to 170° C. Add the partially fried pieces of meat. Fry for about 2 - 3 minutes until crispy brown.
- 5) Let cool completely before cutting.

For more detailed information and a free video lesson, visit this web page: **ThaiCookbook.tv/?rid=8**